

## CLAIMS

What is claimed is new and desired to be protected by Letters Patent is set forth in the appended claims:

1. An apparatus for recording and replaying a message comprising:
  - a) a plurality of control buttons for controlling the apparatus;
  - b) a processor connected to the plurality of control buttons for communicating instructions to various parts of the apparatus;
  - c) a memory connected to the processor for storing audio data;
  - d) a microphone connected to the memory for receiving audio data and providing the audio data to the memory for storage;
  - e) a speaker connected to the memory for outputting audio data wherein upon activation of a first of said plurality of control buttons said microphone is controlled to receive audio data and provide the received audio data to said memory for storing the audio data and upon activation of a second of said plurality of control buttons said processor controls said memory to provide stored audio data for audiblizing by said speaker at predetermined intervals.

2. The apparatus as recited in claim 1, further comprising an alarm clock connected to said processor for replaying audio data stored in said memory at a predetermined time.
3. The apparatus as recited in claim 1, further comprising an LCD display connected to said processor for indicating an operating mode of said apparatus.
4. The apparatus as recited in claim 1, further comprising an AC/DC adapter/battery-operated LCD alarm clock (See Cl. 2).
5. The apparatus as recited in claim 1, further comprising an outer shell for positioning a recording device therein.
6. The apparatus as recited in claim 5, wherein said outer shell is formed as a stuffed animal.
7. The apparatus as recited in claim 6, further comprising a plurality of control button extensions corresponding to each of said plurality of control buttons.
8. The apparatus as recited in claim 7, wherein said plurality of extensions are positioned on a surface of said outer shell.

9. A method for recording and replaying a message comprising the steps of:
- a) receiving audio data through a microphone upon activation of a first control button
  - b) storing the received audio data in a memory; and
  - c) providing the stored audio data to a speaker for audiblizing the stored audio data upon activation of a second of the plurality of control buttons at predetermined intervals.
10. The method as recited in claim 9, further comprising the step of converting the audio data from analog to digital form prior to said step of storing.
11. The method as recited in claim 9, wherein the step of audiblizing the audio data is used for purposes of subliminal.
12. The method as recited in claim 9, wherein the step of audiblizing the audio data is used for purposes of affirmation.
13. The method as recited in claim 9, wherein the step of audiblizing the audio data is used for purposes of subliminal suggestion.

14. The method as recited in claim 9, wherein the predetermined intervals comprise audiblizing the audio data a first time, followed by twenty repetitions of the audio data one hour later, followed by twenty repetitions of the audio data two hours later.

15. The method as recited in claim 14, further comprising the step of repeating audiblizing of the audio data at twenty repetitions in two hour intervals.

16. The method as recited in claim 15, wherein repeating audiblizing of the audio data at twenty repetitions in two hour intervals ceases after the third interval.